

S School Food
371.716 Services food
P11sfsf distribution
bulletin

MONTANA STATE LIBRARY
S 371.716 P11sfst c.1
School Food Services food distribution b



3 0864 00066921 1

371.716
Plissf

STATE DOCUMENTS COLLECTION

JUL 17 1990

MONTANA STATE LIBRARY
1815 E. 4th AVE
HELENA, MONTANA 59620

SCHOOL FOOD SERVICES
FOOD DISTRIBUTION BULLETIN

APRIL 1990

Published by Div. of School Food Services, Office of Public Instruction, State Capitol, Helena MT 59620

ROUTE TO: _____ Food Service Director _____ Principal
_____ Kitchen Staff _____ Superintendent
_____ Record Keeper _____ File with Food Service Director

APRIL SHOWERS



BRING MAY FLOWERS!



USDA DONATED FOOD SHIPMENTS

As of the date of this writing, there will be two more shipments of USDA foods to schools. One frozen load and one dry load, to start shipping approximately April 5 and April 26 respectively.

- | | |
|------------------------------------|----------------------|
| BEEF, FRZ GROUND | MACARONI, ROTINI |
| CHEESE, MOZZARELLA | RICE, MILLED |
| CHERRIES, FRZ RED TART PTD (BONUS) | WALNUTS, ENGLISH PCS |
| CHICKEN, FRZ BREADED | |
| CHICKEN, FRZ CUT-UP | |
| EGGS, FROZEN | |
| FISH NUGGETS | |

COMMODITY CONCERNS

Recently, three concerns regarding procurement of commodities were brought to the attention of USDA. Following are the responses to these concerns:

Concern #1: The apparent lack of commodities delivered to the states warehouses in comparison to this same time last year.

There are a number of reasons for the delays in procurement of USDA commodities.

PLEASE RETURN

(a) Drought conditions the last few years greatly reduced the amount of carryover most vendors maintain. Due to the limited amount of carryover and the uncertainty of this year's crop, vendors were reluctant to commit to early shipping periods to USDA until they were certain they would be able to fill orders for private industry. Other factors like vendor production problems affected USDA's ability to supply products on time. In addition, some shipments were delayed because vendors were having problems meeting USDA's grade standards. The frozen green pea orders were canceled because of this problem.

(b) Procurement of poultry and red meat was delayed due to four main reasons.

(1) The market condition of these products prevented making early purchases as planned.

(2) Vendors are now required to have Procurement Integrity Certification before bids will be accepted from them, so purchases were delayed to allow prospective bidders time to comply with the provisions of the Act. As a result, initial purchases were delayed 2 to 4 weeks.

(3) Shipping periods were changed from 2 week periods to first or second half of a month. This issue is being reviewed and consideration is being given to return to the 2-week shipping period system.

(4) Fewer companies are offering meat and poultry products for sale to USDA. Black Hills Packing, a principle supplier of ground beef, went out of business early in the year and Tyson Foods was the only company offering breaded chicken, and they could only supply four to six trucks per shipping period.

Concern #2: Funds used to purchase 416 type commodities, (Group B) and the current use of these funds in the absence of dairy purchases.

The legislation under which 416 type items are purchased, calls for the support of dairy prices. USDA is required to purchase dairy products when and ONLY when the market cannot support a minimum price. When the market can support a price higher than USDA's minimum support price, as it is doing right now, USDA stops purchasing. The funds used to purchase the dairy products are then saved - meaning the government is not having to spend funds to support the price. The 416 legislation was passed solely for the purpose of supporting dairy prices. It was never the intention to purchase these dairy products to support or provide the Food Distribution Programs with any dairy products. When USDA was the owner of the once huge stocks of dairy products, the Food Distribution Programs realized a benefit from a totally separate Departmental function.

Concern #3: Why is the Department not buying dairy products under Section 709 of the Food and Agriculture Act of 1965?

(a) Section 709 of the Food and Agricultural Act of 1965 authorized

the Secretary of Agriculture to use funds of the Commodity Credit Corporation (CCC) to purchase sufficient supplies of dairy products at market prices to meet requirements of schools and other domestic programs, as authorized by law, when there are insufficient stocks of dairy products in the hands of CCC available for these programs.

This section was enacted at a time when Group B foods (grain, dairy, etc), were donated to schools in quantities that could be used without waste. Since then the National School Lunch Act was amended to establish a commodity assistance level. The commodity assistance level is funded with Section 6 and Section 32 appropriations. CCC funds are not available to purchase food to meet the commodity assistance level. Since schools only receive CCC donations if they are in surplus, using Section 709 funds to buy dairy products at market prices for donation to schools as a bonus is not justified.

Entitlement funds are available to purchase dairy products, however, market conditions are such that products are not available at this time.

Hopefully, this information will answer some of your questions about the availability of donated foods.

SCHOOL FOOD SERVICES CONFERENCE

Conference planning is well underway. There have been some changes this year. The date will be one week earlier than usual. The conference will be held on **July 31, August 1 and 2** at the University of Montana in Missoula. The Montana School Food Service Association will be having some training sessions for certification on Monday, July 30. More detailed information will be sent out by the end of April. **WATCH FOR IT!**

COOPERATIVE PURCHASE REMINDER

All schools that intend to purchase food on the September Cooperative Purchase bid must have their orders in our office by **June 4, 1990**. If you have not received your order forms, please call Carol at 444-4412.

NONDISCRIMINATION STATEMENT

IN THE OPERATION OF CHILD FEEDING PROGRAMS, NO CHILD WILL BE DISCRIMINATED AGAINST BECAUSE OF RACE, SEX, NATIONAL ORIGIN, COLOR, RELIGION, AGE OR HANDICAP. IF YOU BELIEVE YOU HAVE BEEN DISCRIMINATED AGAINST, WRITE TO: ADMINISTRATOR, FNS, 3101 PARK CENTER DRIVE, ALEXANDRIA VA 22302.

SUMMER STORAGE

At the risk of sounding like a broken record, we cannot overemphasize the importance of extra precautions for storing frozen foods during the summer vacation. Last summer some schools had some costly losses of USDA commodities due to freezer problems and we do not want this to happen to you.

Considering the arrival of frozen foods late in the school year, many of you will have to maintain frozen storage during the summer. A little extra precaution now may save you time and money later. "An ounce of prevention is worth a pound of cure."

Make arrangements to have someone check your frozen storage temps daily or at least two to three times per week.

One of the best methods of prevention is an alarm system on your freezer units set to ring when the inside temperature of the freezer rises to 10 degrees above zero. The alarm should have a LOUD bell, and if it is situated to ring outside the school, the whole neighborhood will be your watchdog! However, even with the alarm system, temperatures should be checked daily.

Following is a reprint of the checklist for summer storage that was printed in the Spring 1988 Bulletin:

All Food Items

- o Check all food to be sure it is in good condition.
- o Repackage broken lots of food (flour, rice, etc.) in plastic or metal containers with tight-fitting lids. Flour, rice, powdered milk, prunes, raisins, figs and fig nuggets can be refrigerated or frozen to help maintain quality.
- o Dispose of any bulging or leaking cans.
- o Make a record of all food in storage to use when planning food supplies needed in the fall.
- o Label and date all food that is placed in storage. Use this food first in the fall.
- o All storage areas and units should be thoroughly cleaned.

Dry Food Storage

- o Keep storeroom cool and dry. Maintain temperatures at 50° to 70°F.
- o Keep storeroom well ventilated. Make some provision for airing the storeroom several times during the summer months.

- o Consult the local health department or a reputable licensed exterminating or fumigating company regarding the use of insecticides and fumigants. Keep the storeroom rodent and insect proof.

Freezer/Refrigerated Food Storage

- o During the summer months when schools are closed, it is best to transfer foods requiring freezer storage to a locker plant or commercial cold storage plant (if possible).
- o Consolidate food into as few freezer/refrigeration units as possible without overcrowding.
- o All freezer/refrigeration units that are emptied for the summer should be disconnected and the doors propped open to prevent accidental closing.
- o Make provisions for a daily inspection of freezer/refrigeration units to ensure:
 - (1) proper temperatures are maintained - refrigeration between 32° and 40° F. Freezer 0° F or below,
 - (2) the temperature gauges are in working order (check inside the units),
 - (3) a daily log has been developed and placed on the freezer and/or refrigeration units to enable maintenance personnel to record temperature readings and inspection.

Complete your checklist and ENJOY YOUR SUMMER!!



DIVISION OF SCHOOL FOOD SERVICES STAFF

Director.....	Gary Lee Watt.....	444-2505
Nutrition Education Specialist.....	Ann Ferguson.....	444-4414
Food Service Specialist.....	Mary McAulay.....	444-2501
Program Officer.....	Sofia Janik.....	444-2502
Co-op Purchase Coordinator.....	Carol Vashro.....	444-4412
Food Distribution Coordinator.....	Janet Miller.....	444-4416
Asst. Food Distribution Coordinator.	Pam LaFontaine.....	444-4415
Secretary.....	Sherry Decker.....	444-2501
Food Service Consultant.....	Ralph Kroon.....	444-2501
Accountant.....	Sylvia Stevens.....	444-4403

HONEY TRIVIA

1. Who produces honey in the United States?
2. Do all honey bees collect nectar?
3. How much honey does one bee make?
4. Do honeybees perform any other agricultural function in addition to the production of honey?
5. Are there different types of honey available?

HONEY TRIVIA ANSWERS

1. There are three main categories of honey producers in the United States

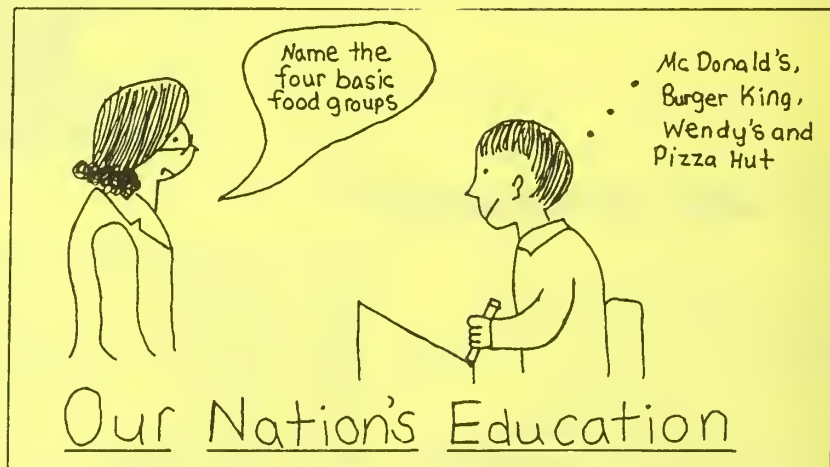
The first group consists of 1600 beekeepers with 300 or more colonies each. This accounts for approximately 80% of all extracted honey. The second group consists of 200,000 active beekeeping hobbyists who have less than 25 colonies each. The third group includes about 10,000 sideline beekeepers who have 25 to 299 colonies each.

2. No, only the worker bees collect nectar from flowers. Worker bees feed the queen bee and larvae, guard the hive and cool the hive by fanning their wings. Another job of the worker bee is to build the honeycombs from wax that is secreted from their abdomens. The average life of a worker bee is from 28 to 35 days.

3. Approximately 1/12 of a teaspoon in a lifetime. To make one pound of honey, bees must obtain nectar from about two million flowers, visiting between 50 and 100 flowers per trip. This amounts to around 55,000 miles of flying!

4. Yes, honeybees play a vital role in agriculture. They are extremely important in the pollination of plants. As they go from flower to flower, they transfer pollen. U.S. farmers rent an estimated two million colonies of bees a year for pollination purposes. Approximately one-third of the food we eat is benefitted by bee pollination.

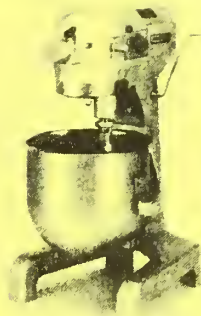
5. There are over 300 different types of honey available, each originating from a different floral source. Each honey variety has a distinctive color and taste.



JUL 17 1990

MONTANA STATE LIBRARY
1515 E. 6th AVE.
HELENA, MONTANA 59620**CONTESTS!! CONTESTS!!****HOW OLD IS YOUR HOBART MIXER?**

Hobart is sponsoring the "Oldest Running Hobart Mixer in America" contest for all owners of older Hobart mixers still in daily operation. Winner of the **OLDEST** running Hobart mixer contest receives a choice of any **NEW** Hobart mixer or a \$15,000 Hobart gift certificate. The next 10 oldest mixers each win a new N-50 5-quart Hobart mixer or \$1,500 Hobart gift certificate. And 100 runners-up each receive a \$100 Hobart gift certificate. It's easy to enter, too!

**Win a new
Hobart mixer!**


We have a small supply of entry blanks in our office. Just write or call Janet 444-4416 or Pam 444-4415 or use the blank included with this bulletin.

The contest ends on June 15, 1990. **BE SURE TO INCLUDE THE SERIAL NUMBER FROM YOUR HOBART MIXER.** Entries without the serial number will not be considered.

We know that thousands of older Hobart mixers are still up and running today!

What makes us so sure? The superior quality design of every Hobart mixer ever made. For example, Hobart mixers have hardened alloy steel helical gears that last and last. They're equipped with all-gear transmission, the best for consistent speed selection. But that's just the beginning. Sturdy reinforced columns support a lifetime of heavy loads. And the heavy-duty bowl support provides optimum bowl/beater clearance.

These are features standard for over 80 years. It's no wonder Hobart mixers last a lifetime! And now your own "old reliable" can make you a big winner:

TO ENTER, COMPLETE THIS COUPON AND MAIL TO:



OLDEST RUNNING HOBART MIXER
Hobart Corporation
Executive Offices
Troy, Ohio 45374

*Yes, I think I own the Oldest
Running Hobart Mixer in America!*

Name _____

Title _____

Company _____

Address _____

City _____ State _____ Zip _____

Hobart model number, if applicable _____

Hobart mixer number or serial number _____

All entries must be received by June 15, 1990. Illegible and incomplete entries are void. Each entry must be postmarked separately. Winning mixers are subject to verification by a Hobart representative. Winners will be notified by mail within 90 days. Void where prohibited. Must be 18 years or older to enter. Employees and family members of Hobart and its advertising agency are not eligible. All entries become property of Hobart Corporation; winners will be publicized.

***** Another Contest:

The National Dairy Board is sponsoring a Recipe contest featuring America's favorite dessert - **ICE CREAM!** All the details - including your own Official Entry Blank are on the attached flyer. Enter your favorite ice cream recipe and win \$1,000.



Digitized by the Internet Archive
in 2012 with funding from
Montana State Library

<http://archive.org/details/schfoodservic1990mont>

OFFICIAL ENTRY FORM

Please print or type each dessert recipe entry on a separate 8½" x 11" piece of paper. Complete the information below, and attach the form, or a copy, to each recipe and photograph you submit. Send your entries to:

Your Name & Title _____

Name of Business _____

Street Address _____

City _____ State _____ Zip _____

Phone ()

ICE CREAM SIGNATURES WITH DISTINCTION RECIPE CONTEST

P.O. Box 2637

Clearwater, FL 34617-9971

Entries must be postmarked on or before May 31, 1990.

Name of Recipe _____

* Signature _____

[illegible]

The National Dairy Board Ice Cream Signatures With Distinction Official Contest Rules

- 1. Print your name and title, the name of your operation, complete business address and telephone number, and the name of your recipe on the Official Entry Form.**

2. Enter as many recipes as you wish, however, each entry must be mailed separately. Please type or print each recipe on a separate 8½" x 11" sheet of paper. Include your name, title, address and the name of the recipe on each sheet.

3. A color photograph of the dessert must be included. A *clear* Polaroid is acceptable.

4. Each signature dessert recipe must include a) approximate food cost of the dessert per serving, b) menu price charged, c) complete preparation instructions, d) presentation suggestions, and e) a brief testimonial of the dessert's popularity.

- 5. Mail entries to: "Ice Cream Signatures With Distinction" Recipe Contest, P.O. Box 2637, Clearwater, FL 34617-9971. Entries must be postmarked on or before May 31, 1990. If two or more identical dessert recipes are received, only the entry with the earliest postmark will be considered. The National Dairy Board (NDB) is not responsible for lost, misdirected, or mutilated mail.**

- 6. Recipes will be judged by the test kitchens of Restaurants & Institutions magazine, NDB, and a panel of leading chefs. Entries will be judged equally on the basis of 1) originality, 2) taste, 3) appearance, 4) profitability, and 5) popularity.**

7. The contest is open only to U.S. restaurant, hotel, institutional, and other foodservice operators and employees who are 18 years of age or older. Members of the judging panel, employees, officers, or

- representatives of the NDB and its members, their advertising and promotion agencies, and their immediate families are not eligible. Contest is void where prohibited or restricted by law.

8. There will be one first-prize winner and four honorable mention dessert recipes selected. All five winners will have their recipes photographed for the purpose of publication at a later date.

9. The first-prize dessert entry will receive a \$1,000 cash award. All winners will be notified by August 15, 1990. All prize taxes are the sole responsibility of the winner. Prize is non-transferable. In the case of a tie, duplicate prizes will be awarded.

10. Recipes must not have been previously published or have received another prize or award. Entrants must own the rights to disclose the recipe, recipe name and all other entry information required.

All entries submitted become the property of the National Dairy Board and will not be returned. Submission of a recipe in this contest gives the sponsor the right to publish or use the recipe without compensation to the entrant and to use the entrant's name and/or likeness for advertising and publicity purposes. A list of all winners may be obtained after August 15, 1990 by mailing a self addressed stamped envelope to "Ice Cream Signature Winners", The National Dairy Board, 2111 Wilson Blvd., Suite 600, Arlington, VA 22201.

***I agree to abide by the rules of the National Dairy Board "Ice Cream Signatures with Distinction" recipe contest and to sign a qualifying affidavit and release if my entry is selected as the winner, or one of the honorable mentions.**

Turkey Chili

Yield: 25 portions
Portion: 1 cup

Tilting Skillet: 275°F
Cook Time: 230 60 minutes

INGREDIENTS	WEIGHT	MEASURE	PROCEDURE
Onions, light or dark, dry	5 lbs., 2 oz.		Prepare according to preferred method.
Ground turkey thigh meat, cubed or cubed	4-1/2 lbs.		Cut turkey into cubes (1/2-inch). Combine ingredients and saute 4 to 6 minutes until an internal temperature of 160 to 165°F is reached, or until no longer pink and onions are translucent and peppers are tender.
Pepper, chopped	20 oz. 8 oz.		
Ground beef		2-1/2 Tbsps. 1/2 tsp 2 Tbsps.	Add seasonings to turkey mixture.
Tomato puree	1 qt. 2 qts.		Add water, puree and beans to turkey mixture. Cover and cook 30 to 60 minutes until flavors are blended and mixture is thickened.
Jack cheese, coarsely shredded	1 lb.		Serve each portion with cheese.



Nutritional information per portion:

Calories	349 Kcal	Carbohydrate	29 gm
Protein	29 gm	Sodium	674 mg
Fat	14 gm	Cholesterol	77 mg

Turkey Lasagna

Yield: 24 portions
Portion: 1 slice

Tilting Skillet: 350°F
Bake Time: 30-40 minutes

INGREDIENTS	WEIGHT	MEASURE	PROCEDURE
Noodles	2 lbs., 6 oz.		Prepare noodles according to directions. Drain and cover with cold water. Set aside.
Onions, chopped	2 oz. 1 lb., 7 oz.		Heat oil. Saute onions 10 to 15 minutes, or until translucent.
Ground turkey	4 lbs., 8 oz.		Combine turkey with onions, breaking meat into small pieces. Increase heat and cook 4 to 6 minutes until an internal temperature of 160 to 165°F is reached, or until no longer pink.
Ground beef		2 Tbsps. 2 Tbsps. 1 tsp. 3 3/4 pts	Combine ingredients and mix thoroughly. Stir into turkey mixture and simmer for 20 minutes or until flavors are blended and mixture is thickened. Set sauce mixture aside.
Pepper, ground	15 oz.		
Sauce	15 oz.		
Peppers, chopped	8 oz.		
Cheese	4 oz.		
Olives, sliced		1 Tbsp.	
Onion, ground			
			Assembly: Oil a 12 x 20 x 2-inch pan and spread 8 oz. sauce over bottom. Arrange noodles evenly over the sauce. Ladle 1/2 of sauce over noodles and cover with more noodles. Continue layering with sauce and noodles, finishing with sauce.
Shredded cheese	15 oz.		
Sliced olives	8 oz.		Sprinkle with cheese and arrange olive slices over top. Bake 30 to 40 minutes at 350°F or until cheese is bubbly and golden brown. Cut into 4 x 6-inch portions.



Nutritional information per portion excluding salsa:

Calories	479 Kcal	Carbohydrate	45 gm
Protein	30 gm	Sodium	1,128 mg
Fat	20 gm	Cholesterol	77 mg



Versatile Turkey Mixture

Yield: 24 portions

Portion: 1 burger or 3 meatballs or
1 slice turkey loaf

INGREDIENTS	WEIGHT	MEASURE	PROCEDURE
turkey	6 lbs.		Combine all ingredients and mix thoroughly.
mushrooms, seasoned	24 oz. 12 oz. 6 oz.	8	Turkey mixture may be used to prepare burgers, meatballs, or loaf.
onions, dried, minced		6 Tbsps.	
pepper, chopped		6 Tbsps.	
tomato paste, prepared		2 Tbsps.	
garlic, prepared		1 Tbsp.	
pepper, ground		3/4 tsp.	

Burgers:

1/2 oz. turkey mixture into oval patties for each portion. Arrange patties on shallow, lightly oiled 18 x 26 x 1-inch baking pans. Bake 25 to 30 minutes at 400°F until an internal temperature of 160 to 165°F is reached. Serve each portion with 2 oz. mushroom or cheese sauce.

Meatballs:

1/4 cup #40 scoop, shape turkey mixture into 1-1/2-inch meatballs. Place meatballs on 18 x 26 x 1-inch oiled pans and bake 25 minutes at 400°F until an internal temperature of 160 to 165°F is reached. Serve each portion with 2 oz. cream sauce to which paprika has been added to taste.

Loaf:

Shape turkey mixture into a 12 x 20 x 2-inch loaf. Spread with 8 oz. barbecue sauce over top. Bake 1 hour at 350°F until an internal temperature of 160 to 165°F is reached.

Nutritional information per portion for Versatile Turkey Mixture only:			
Calories	276 Kcal	Carbohydrate	13 gm
Protein	25 gm	Sodium	625 mg
Fat	14 gm	Cholesterol	168 mg



Turkey Taco

Yield: 24 portions

Portion: 2 tacos

Tilting Skillet: 275°F

Cook Time: 26 minutes

INGREDIENTS	WEIGHT	MEASURE	PROCEDURE
turkey	4 oz.		Heat oil. Combine ingredients and saute 4 to 6 minutes until an internal temperature of 160 to 165°F is reached, or until no longer pink and onions are translucent.
onions, chopped	6 lbs. 24 oz.		
sauce		1-1/2 qts.	Combine ingredients with mixture. Cook 20 minutes or until flavors are blended and turkey mixture is thickened.
ground		2 tsps.	
onion powder		3 Tbsps.	
garlic powder		1 Tbsp.	
chili powder		3 Tbsps.	
taco shells		48	Fill taco shells with turkey mixture.
cheese, shredded	1-1/2 lbs.		Serve each portion with 1 oz. cheese, 3/4 oz. lettuce, and 1 oz. salsa.
lettuce, shredded		2 heads	
salsa	24 oz.		

Nutritional information per portion excluding salsa:			
Calories	485 Kcal	Carbohydrate	26 gm
Protein	30 gm	Sodium	950 mg
Fat	30 gm	Cholesterol	106 mg







For great new menu appeal, add the ever-popular blueberry to your menu items and watch kids gobble them up. Kids naturally love the mild, sweet taste of blueberries. Enhance your usual baked goods and salads with blueberries and try these great new recipes especially designed for school food service.

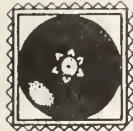
Blueberry Syrup

INGREDIENTS	3 Quarts WEIGHTS MEASURES
Blueberries, frozen	5 lb 8 oz 1 gal 1½ cups
Granulated sugar	2 lb 8 oz 1¼ qt
Cornstarch	5 oz 1 cup
Water	12 oz 1½ cups
Lemon juice	1½ oz 3 Tbsp

DIRECTIONS

1. Rinse and drain blueberries. Reserve 2 lb 8 oz blueberries; cover and refrigerate.
2. Crush remaining 3 lb blueberries; mix in combined sugar, cornstarch, water and lemon juice.
3. Cover and refrigerate 8 hours to allow juice to draw from berries.
4. Place over heat; cook and stir until thickened and clear.
5. Remove from heat and strain. Add reserved blueberries.
6. Cover and refrigerate. Use as needed for topping on cake, pudding or ice cream.

NUTRIENT	PER SERVING (1 oz.)
Calories	65
Protein (gm)	0.1
Fat (gm)	0.2
Carbohydrate (gm)	16.5
Cholesterol (mg)	0
Fiber (gm)	1.0
Sodium (mg)	tr
Vitamin A (IU)	21



Blueberry Cobbler

INGREDIENTS	100 SERVINGS WEIGHTS MEASURES
Blueberries, frozen	15 lb 3 gal
Lemon Sauce:	
Lemon juice	24 oz 3 cups
Water	1½ gal
Granulated sugar	6 lb 3 qt
Cornstarch	15 oz 3 cups
Apple pie spice	1 Tbsp
Pie Pastry, prepared*	4 lb

DIRECTIONS

1. Rinse and drain blueberries. Set aside.
2. To Prepare Lemon Sauce: Combine lemon juice, water, sugar, cornstarch and spices. Cook and stir until thickened and clear.
3. Place 3 quarts of blueberries and 1½ quarts lemon sauce into each of four 20 x 12 x 2½-inch oiled pans.
4. Roll out pastry dough into four 20 x 12 inch rectangles. Cover blueberries in each pan with pastry rectangle. Brush with egg wash. Cut slits in pastry to allow steam to escape.
5. Bake in 400°F. oven 1 hour or until crust is lightly browned and blueberry mixture bubbles.
6. Cut each pan 5 x 5 into 25 portions.

*Pie Pastry: Combine 2 lb 4 oz flour and 2 tsp salt; cut in 1 lb 4 oz shortening until the size of small peas. Add 1½ cups cold water and mix just until dry ingredients are moistened. Cover and use as needed.

NUTRIENT	PER SERVING
Calories	248
Protein (gm)	14
Fat (gm)	6.3
Carbohydrate (gm)	48.3
Cholesterol (mg)	0
Fiber (gm)	2.9
Sodium (mg)	tr
Vitamin A (IU)	57

Blueberries and Fresh Fruit Salad

INGREDIENTS	100 SERVINGS WEIGHTS MEASURES
Blueberries, frozen	4 lb 3 qt ½ cup
Table grapes, green or red, seedless	4 lb 3 oz 3 qt ½ cup
Apples, cored, sliced	6 lb 4 oz 1½ gal 1 cup
Bananas, sliced	4 lb 3 qt ½ cup
Lemon juice	1 cup
Lettuce leaves, optional	100
Poppy seed dressing, prepared	3 qt ½ cup

DIRECTIONS

1. Rinse and drain blueberries. Set aside.
2. Rinse and drain grapes; cut into small clusters.
3. Sprinkle apples and bananas with lemon juice.
4. Portion ¼ cup apple and banana slices on lettuce leaf with a small grape cluster and 2 tablespoons blueberries on serving plate.
5. Top with 1 ounce poppy seed dressing.

NUTRIENT

NUTRIENT	PER SERVING
Calories	180
Protein (gm)	0.7
Fat (gm)	11.2
Carbohydrate (gm)	20.6
Cholesterol (mg)	0
Fiber (gm)	2.5
Sodium (mg)	272
Vitamin A (IU)	62



371.916
P11 388

=====

SCHOOL FOOD SERVICES

FOOD DISTRIBUTION BULLETIN

JANUARY 1990

=====

Published by Div. of School Food Services, Office of Public Instruction, State Capitol, Helena MT 59620

=====

ROUTE TO: _____ Food Service Director _____ Principal
 _____ Kitchen Staff _____ Superintendent
 _____ Record Keeper _____ File with Food Service Director

=====

STATE DOCUMENTS COLLECTION

HAPPY NEW YEAR

JUL 17 1990

TO YOU AND YOURS!

MONTANA STATE LIBRARY
1515 E. 6th AVE.
HELENA, MONTANA 59620

from THE SCHOOL FOOD SERVICES STAFF

FOOD DONATED FOOD SHIPMENTS

The next shipment, which started the week of January 15, is a frozen load.

BEEF, FRZ GROUND
FISH NUGGETS (Allocation dated 8/28/89)
PORK, FRZ GROUND
POTATO ROUNDS, FRZ
POTATOES, OVEN FRIES (Allocation dated 11/01/89)
TURKEY, FRZ GROUND
CHERRIES, FRZ RED TART PITTED

Goods anticipated to be shipped in February are:

APPLES, FRESH	FRUIT, MIXED CANNED
BEANS, CANNED DRY PINTO	PLUMS, PURPLE
BEANS, VEGETARIAN	TOMATO PASTE
CORN, CANNED	

Anticipated March shipments:

BEEF, FRZ GROUND	*APPLES, FRESH (BONUS)
*BLUEBERRIES, CULT. FRZ	FLOUR, ALL-PURPOSE (3RD SHPMT)
BUTTER (3RD SHPMT)	FLOUR, BREAD (3RD SHPMT)
CHICKEN, FRZ CUT-UP (2ND SHPMT)	*MACARONI, ROTINI
CHICKEN, BREADED	PEARS, CANNED SLICED
*POTATO ROUNDS (2ND SHPMT)	*PEARS, FRESH D'ANJOU
POTATOES, OVEN FRIES (2ND SHPMT)	

Anticipated April shipments:

*CHERRIES, FRZ RED TRT PTD (BONUS) RICE, MILLED
CHICKEN, FRZ, CUT-UP (3RD SHPMT) *SPAGHETTI, ENRICHED
FISH NUGGETS (2ND SHPMT) *WALNUTS, ENGLISH PCS (BONUS)
*EGGS, WHOLE FROZEN

*Foods still to be allocated

Note: These are anticipated shipments only and may change depending on receipt of donated foods in Helena.

Delivery of USDA Donated Foods

Count! Count! Count! Count those deliveries carefully. Do not accept more than is shown on the Bill of Lading. Make a notation of any shortage on ALL copies of the Bill of Lading and call our office immediately. We may be able to locate your shortage.

We all know how easy it is to sometimes miscount when we are in a hurry, so if by chance you discover you have received an extra case or two, please call our office immediately. If you have extra, somebody else is short. Just think, it might have been you. If a school reports a shortage and no overage is reported, the carrier will be assessed the cost of the lost commodity. This adds to costs for all of us in the future.

We recently had a report of an extra case of ground beef being received. Upon checking, we discovered the last delivery on the route was short. The carrier was able to pick up the extra case and deliver it to the correct destination. Thank you Dwaine Wall of Lustre Elementary School, for reporting the overage.

Delivery Services: Our contract with the delivering carrier calls for inside delivery services. This means drivers are not expected nor required to put commodities away in storage rooms, freezers/refrigerators or on shelves. Inside delivery services only bring the commodities off the truck and into the warehouse or building. Sometimes, if time permits, or the shipment is just a few cases the driver may wheel the foods into the storage area but they are not required to do so. Also, whenever possible, it would be nice if help could be found to assist in unloading. (In this case the driver may be willing to go a little further.)

Drivers have schedules to keep and miles to go before they sleep. PLEASE DO NOT ABUSE THE SERVICES PROVIDED.

FLOUR

Flour is a bonus to schools. If you find you are using more than you had anticipated and are running low, before you buy **CALL OUR OFFICE**. We often have some in storage and can ship it to you on the next shipment out. Remember

CALL BEFORE YOU BUY!



**LIFE IS JUST A
CHAIR O' BOWLIES**

COMMODITY UPDATE

cause of the drought situation last year, deliveries of USDA donated foods early in the school year were slow. Usually donated foods that are offered in the first three months of the school year are the previous years crop. Since things were scarce in 1988, the early offers did not materialize. However, as you can see, things are picking up and we anticipate we will meet our entitlement. Plan to use as much as possible by the end of the year so you will not have to store too much.

Cheese Alternate Products

"cheese" by any other name? or "What to do when USDA sends NO cheese!"

I hope you took advantage of the Cooperative Purchase and purchased the American Processed Cheese. This cheese (or any American processed cheese you may have purchased) can be used in the meal pattern the same as USDA commodity cheese.

2 oz. cheese = 2 oz. meat/meat alternate

Reminder: If you decide to purchase a cheese alternate product (such as a substitute for mozzarella cheese for pizza) please keep in mind it can be used as a count under the following circumstances:

1. The cheese alternate product MUST be combined with an equal amount or more of "cheese" or "processed cheese" to meet the requirements.
2. The cheese alternate and "cheese" MUST be used only in cooked or heated dishes so the two can blend together.
3. Only cheese alternate products approved by USDA may be used to meet the requirements. The label will display the statement "This product meets USDA-FNS specifications for cheese alternate products."

Finally, if the cheese alternate product will not be used to fulfill the meat requirement, you may use the product however you wish - but ONLY if the cheese product is NOT being used to meet the 2 oz. serving.

Included with this bulletin is a list of the USDA approved products, regulations and questions and answers on their use. If you have any questions, please contact Janet or Pam at 444-4416 or 444-4415.



* HONEY SYRUP *
* *
* Heat Honey and add *
* maple flavoring! *

USING COMMODITIES

Just a reminder - USDA donated foods are to be used only in the School Lunch Program. They may be used for the School Breakfast Program (and bonus items for Home Ec instruction) but we do not allocate to those programs. For more information see the Spring 1989 Bulletin or contact this office.

Commodities are Great on Salad Bars!

Check out the following ideas for salad bars:

Meat/Meat Alternate

Peanuts, Walnuts - trail mix
Great Northern Beans - soup, salad
Kidney Beans - bean salad
Vegetarian Beans - baked
Chicken - cubed, salad, baked
Ground Pork - chili, taco filling
Ground Beef - taco salad, meatballs
Turkey - sliced for sandwiches,
cubed for salad
Ham - sliced for sandwiches,
cubed for salad
Tuna - plain, salad

Fruit/Vegetable

Applesauce - plain, spiced, colored
Cherries - muffins, as fruit
Mixed Vegetables - marinated
Apples - fresh as a fruit, baked
Figs - trail mix, plain
Peaches - fruit, cobbler
Apricots - fruit
Pears - fruit
Raisins - trail mix, rice
Prunes - trail mix, muffins
Tomatoes - diced for salad
Green Beans - 3 bean salad,
marinated
Corn - relish
Peas - macaroni salad

Bread/Bread Alternate

Rice - topped with cherries,
pudding
Spaghetti - with meatballs
Macaroni - with tuna, salad

Other

Oil - salad dressings
Flour - bread, rolls, muffins
Honey - salad dressings
Butter - bread, potatoes

LET'S TALK TURKEY! (Ground, that is!)

High in protein, low in fat and about half the calories of an equal amount of ground beef!

USDA offered us some ground turkey as a trial. The amount was small so we were not able to allocate it to everyone but we have hopes it may become an available commodity in the future. It is a good product, however, and costs considerably less than ground beef.

Here are some tips for storing and using ground turkey:

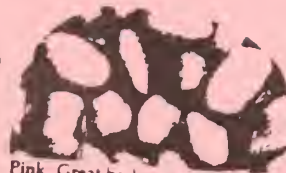
Store in original wrapper and defrost in refrigerator overnight.

Good mixed with ground beef in chili &/or spaghetti sauce or other ground beef or ground pork recipes requiring liquid.

It is recommended you use no more than 50% ground turkey if mixing with beef or pork for meatballs or meatloaf.

Good in tacos, lasagna and sloppy joes.

beans



Pink. Great barbecue style or cooked with other spicy seasonings.

DRY PINK BEANS: A Government Donated Commodity

If you have received DRY PINK BEANS in 100# sacks as a bonus. This is a product that we in Montana have not received before. We would like to know how acceptable they are. If they are a good product, we may consider ordering them next year. They will be in 25# sacks however.

Pink beans are an excellent choice for barbecue-style dishes and may be used in the same way you use great northern and pinto beans. In the School Lunch Meal Pattern, dried beans may be used as a meat/meat alternate or as a vegetable, but not both in the same meal.

Beans are recognized as a valued food by many health-related groups because they offer a combination of qualities: High in complex carbohydrates, high in protein, high in dietary fiber, low in fat (especially saturated types), low in sodium and no cholesterol. Beans are an incomplete protein but the incompleteness is easily made up by serving beans with meat, eggs, cheese, rice, corn or other grains.

There are two soaking methods that may be used for dried beans:

Overnight method: Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Cook immediately after soaking.

Quick-soak method: Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for one (1) hour. Drain and cook.

We have included some recipes at the end of this bulletin for dry beans. These recipes are from the Idaho Bean Commission, Boise, Idaho and USDA.

PASTA

You did notice didn't you, that in the listing of foods still to be allocated and shipped two pasta products (rotini and spaghetti) are being offered?

Well USDA has received several complaints concerning pasta products that some become mushy when cooked and have issued the following guidelines:

Please note the cooking instructions for pasta in the Quantity Recipes for School Food Service (page B-2) and in the Facts About USDA Commodities (page 5-6) which were sent to all schools last year. Noted below are the directions printed on the commodity pasta products packages. All instructions advise against overcooking, recommend a specific cooking time and the phrase "or until tender," and in most cases recommend a cooking range (none exceeding 10 minutes) to take into consideration local level reference. These recommended cooking times are based on findings of field tests conducted during the development of the new USDA recipes.

According to the National Pasta Association, there is no difference in durum flour or semolina pasta products, except that durum flour products do not tolerate quite as much overcooking. All of the referenced directions explicitly advise against overcooking.

Some of the complaints came from preparers who had used steam cookers to cook pasta. These devices cook at a very high temperature and, therefore, cooking time must be greatly reduced or the product will be overcooked.

Instructions on the top flap of shipping containers for Spiral Macaroni (Rotini/Rotelle):

Cooking Instructions: (Rotini/Rotelle)

Use 1 gallon water and 1 tablespoon salt for each pound of pasta. Boil water. Add salt slowly. Add pasta and stir. Bring to boil again; cook uncovered for about 5 to 10 minutes or until tender-firm. Drain immediately. Do not overcook.

We hope this information will aid in preventing further problems with pasta becoming mushy. If you have any problems, please submit complaints to us, documenting the cooking procedure used. This should include detailed information on preparation, actions taken immediately after cooking, and the intended use of the pasta. This will assist USDA if it becomes necessary to recommend changes to the product specifications and/or cooking instructions.

NATIONAL SCHOOL BREAKFAST WEEK

School Breakfast: A Great Start to Being Smart - What an absolutely perfect theme for National School Breakfast Week. The American School Food Service Association is sponsoring National School Breakfast Week to be celebrated for the second year March 4 to 10, 1990.

Research has shown that students who eat a nutritious breakfast outperform those who do not. Why not serve Breakfast during that week?

National School Breakfast Week Menu

Orange Juice
* Muffin
Raisin Bran Cereal
Milk

* Suggested recipes are included in the recipe section of this bulletin.

See the article on National School Breakfast Week in the December School Food Service Journal

FACT SHEETS

Enclosed with this bulletin are some new and revised fact sheets. Please file them with your Facts About USDA Commodities.

MUNCH MONTANA

National Agriculture Week will be observed March 18 through 24, 1990. Agriculture in Montana will be sending to all schools an activity packet to promote Montana agriculture in the classroom.

To celebrate, have a "Taste of Montana Lunch" (and breakfast) Thursday, March 22, the day the Montana School Food Service Association has chosen to observe. Suggested menus follow:

"A TASTE OF MONTANA LUNCH

"Big Sky" Hot Roast Beef Sandwich on an
"Electric City" Bun w/Au Jus
"Garden City" Fries
"Yaak" Pickle Spears
"Magic City" Corn
"Heart of Flathead" Cherry Dessert
"Capital City" Milk

BREAKFAST

"Central City" Sausage Links
* "Bonnie City" Cinnamon Rolls
"Dillon" Apple Juice
"Capital City" Milk

OR

LUNCH

* Real "Montana" Chili, made with Wheat or Beans
Grow a "Montana" Tossed Salad
w/"Montana" Salad Dressing
Fresh Apple Wedge
* Frosted Cinnamon Rolls
Chilled Milk

BREAKFAST

* Oven Baked Scrambled Eggs
w/ "Montana" Ham Bits
* Honey Raisin Muffin Squares
Apple Juice
Chilled Milk



Munch Montana recipes included in recipe section of bulletin.

From Park City School, Park City, Montana comes the following historical note:

LAUREL OUTLOOK

Wednesday, December 7, 1927.

PARK CITY SECTION

Hot Meals Served At Park City School

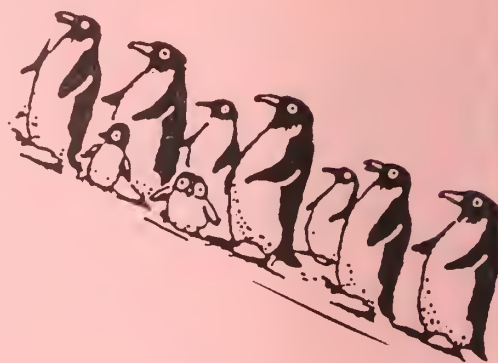
Special to The Laurel Outlook.

Park City, Dec. 6—On Monday of this week the domestic science department of the Park City high school commenced serving a hot lunch at noon for all those coming to partake of it. A nominal sum of 50 cents is asked for four weeks' rations. This is putting the price at a range within the reach of everyone.

Statistics have shown that many children partaking of a cold lunch have been greatly retarded in their work.

DIVISION OF SCHOOL FOOD SERVICES STAFF

Director.....	Gary Lee Watt.....	444-2505
Nutrition Education Specialist.....	Ann Ferguson.....	444-4414
Food Service Specialist.....	Mary McAulay.....	444-4413
Program Officer.....	Sofia Janik.....	444-2502
Co-op Purchase Coordinator.....	Carol Vashro.....	444-4412
Food Distribution Coordinator.....	Janet Miller.....	444-4416
Asst. Food Distribution Coordinator.....	Pam LaFountaine.....	444-4415
Secretary.....	Sherry Decker.....	444-2501
Food Service Consultant.....	Ralph Kroon.....	444-2501
Accountant.....	Sylvia Stevens.....	444-4403



NONDISCRIMINATION STATEMENT

IN THE OPERATION OF CHILD FEEDING PROGRAMS, NO CHILD WILL BE DISCRIMINATED AGAINST BECAUSE OF RACE, SEX, NATIONAL ORIGIN, COLOR, RELIGION, AGE OR HANDICAP. IF YOU BELIEVE YOU HAVE BEEN DISCRIMINATED AGAINST, WRITE TO: ADMINISTRATOR, FNS, 3101 PARK CENTER DRIVE, ALEXANDRIA VA 22302.

THE LAST MINUTE NEWS FLASHES!

SUMMER FOOD SERVICE PROGRAMS

The Division of School Food Services is again sponsoring the Summer Food Service Program.

Schools within a district with 50 percent or more of their students eligible for free or reduced price meals are eligible to participate.

Applications will be mailed to previous year sponsors on or about the 15th of March. Completed applications are due in this office by May 1, 1990.

School districts desiring additional information may call or write to the Office of Public Instruction, Division of School Food Services, State Capitol, Helena, MT 59620, phone (406) 444-2501.

The dates for the School Food Service Training Conference have been tentatively set one week earlier than usual. July 31 through August 2, 1990. There will be more information in the Spring Bulletin. Watch for it!!

When completing the NOTICE OF ALLOCATION forms, please follow instructions carefully. Note the statement "YOU MUST USE NUMBERS WHEN COMPLETING THIS FORM." Please DO NOT LEAVE ANY PART BLANK OR USE "YES" OR CHECKS. Sign and return one copy with an original signature.

If you were not allocated a food and you would like to receive some, put the amount you want in the "MORE" column on the form.

And one last request---Since the forms are now on NO CARBON REQUIRED paper, please be sure to press hard enough to imprint on the last copy if you are completing only the top form.



Happy
Valentine's
Day



000000
51250
MADE IN U.S.